

Let's set your heart at ease, and control your breath.

Zazen & Yoga

2016 10/30 (Sun.)

The 4th
in 熱海

■ Date:

30th October, 2016 (Sun.)

From 13:30~16:00

13:30~14:30 Zazen

15:00~16:00 Hiroike Yoga

■ Meeting Time and Place:

13:00 at

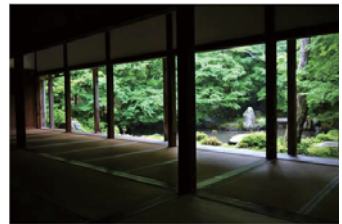
Atami Station Ticket Gate

No postponement for rain

Apply by: 20th October 2016



坐 禪 と ヨ ガ



■ Place:

Chouonji Temple (潮音寺)

12-1 Izumi, Atami-city

(熱海市泉 12-1)

■ Fee: ¥1,000

■ Attention 1:

Please put on easy wear to move and bring a face towel

■ Attention 2:

No accessories and bare feet during Yoga exercise

Tel: 080-6765-6161 E-mail: info@agcjp.net

Atami Guide Club

Please contact us, a volunteer group of guides, if you have any inquiries.

Homepage = <http://agcjp.net/en> Blog = <http://agcatamieg.blogspot.jp>